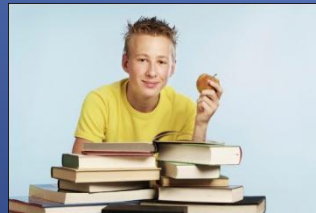


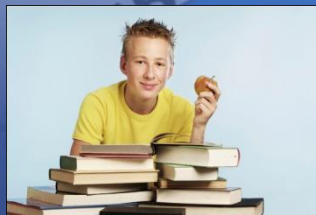


# Connecticut's Child Nutrition Programs

*Summer Symposium  
for  
Coordinated School Health Leadership Pilot Districts  
Pioneering Healthier Community Teams  
June 23, 2010*

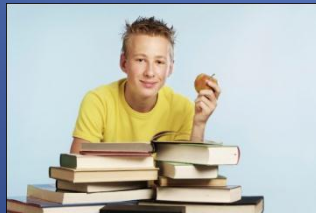


# Connecticut's Child Nutrition Programs & Coordinated School Health



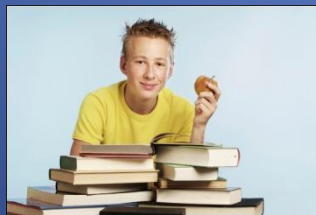
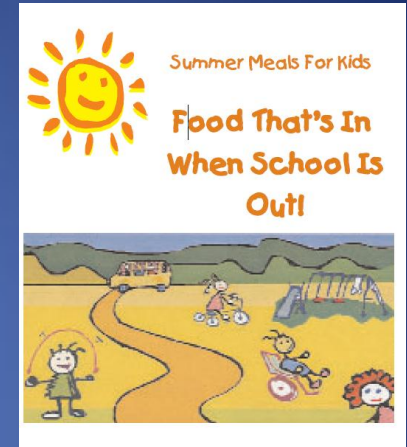
# What are the Programs?

- **Child and Adult Food Care Program (CACFP)**
  - Family Day Care
  - Child Care Centers
  - Adult Day Care
  - Emergency Shelters



# What are the Programs?

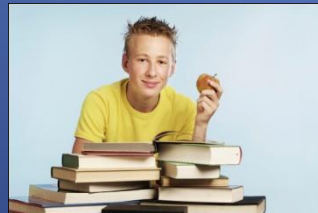
- Summer Meal Programs
  - Summer Food Service Program
  - Seamless Summer Food Program
  - Academic Summer School





# What are the Programs?

- **School Child Nutrition Programs:**
  - National School Lunch Program (NSLP)
  - School Breakfast Program (SBP)
  - After School Snack Program
  - Fresh Fruit and Vegetable Program (FFVP)
  - Special Milk Program (SMP)



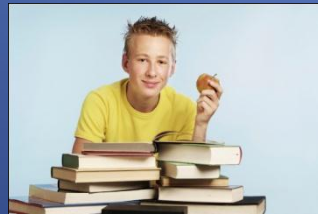
# What are the Programs?



- **Child and Adult Food Care Program (CACFP)**

## Family Day Care

- Provides cash assistance (reimbursement) for nutritious meals and snacks served to children (12 years of age and younger) and infants in **licensed family or group day care homes**. Reimbursement is based on the income level of the local geographic area, the child care provider or the children in care.



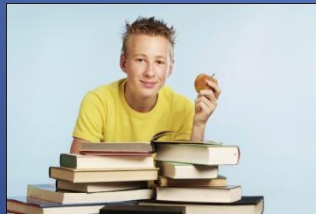
# What are the Programs?



- **Child and Adult Food Care Program (CACFP)**

- Family Day Care

- 8 Family Day Care home sponsors in CT and over 1,100 day care providers



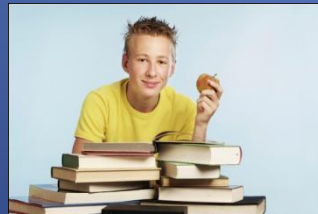
# What are the Programs?



- **Child and Adult Food Care Program (CACFP)**

## Child Care Centers

- Provides cash assistance for nutritious meals and snacks served to children (infants and 12 years of age and younger; children of migrant workers 15 years of age and younger; children of any age with disabilities) **in public or private nonresidential licensed child care centers**. Reimbursement is based on the income level of children in care.





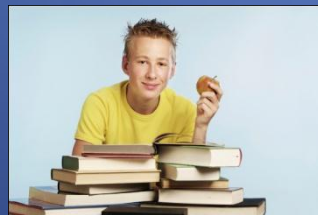
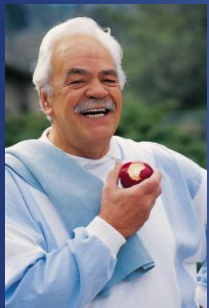
# What are the Programs?



- **Child and Adult Food Care Program (CACFP)**

## Adult Day Care

- Provides cash assistance for nutritious meals and snacks served to adults in public or private **nonresidential day care centers** who are at least 60 years of age or functionally impaired adults of any age who reside in the community. Reimbursement is based on the income levels of the enrolled adults.



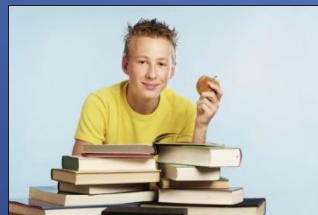
# What are the Programs?



- **Child and Adult Food Care Program (CACFP)**

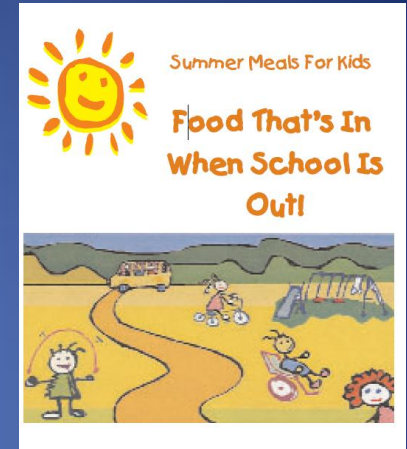
- Emergency Shelters

- Provides cash assistance for nutritious meals and snacks served to infants and children 18 years of age and younger residing in emergency shelters.

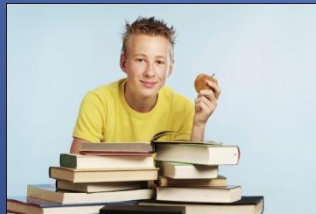


# What are the Programs?

- Summer Meal Programs
  - Summer Food Service Program
  - Seamless Summer Food Program
  - Academic Summer School



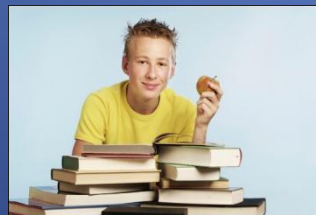
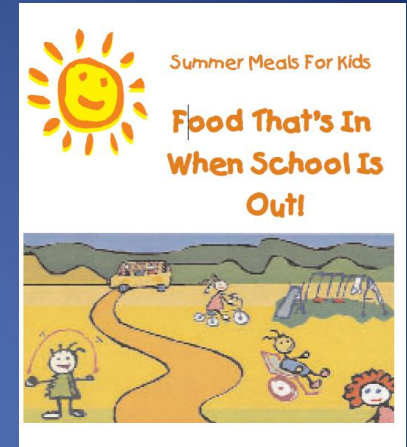
Programs provide meals to children when school is out for summer vacation.



# What are the Programs?

- Summer Meal Programs

- Sites must be eligible to participate
  - Must have at least 50% of the children enrolled eligible for free and reduced price meals OR
  - It must be in attendance area of a site that meets the 50% criteria Or
  - The site must be a licensed camp site.

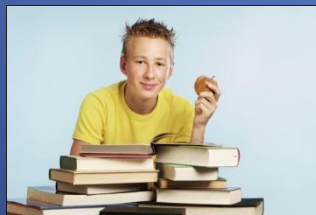
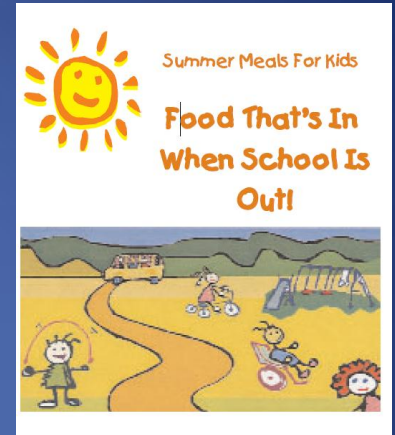




# What are the Programs?

- Summer Meal Programs

– In 2009 there were 468 summer sites in Connecticut

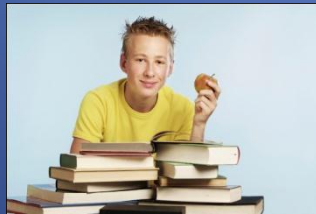


# What are the Programs?

- Summer Food Service Program
  - Operated by approved sponsors:
    - school districts
    - local government agencies
    - camps, or
    - private nonprofit organizations.

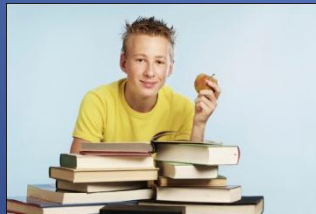
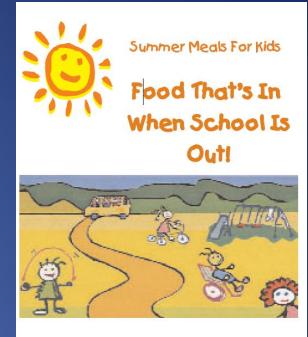


Based on the number of meals served, sponsors receive an operating and administrative cost reimbursement.



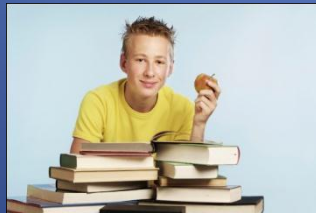
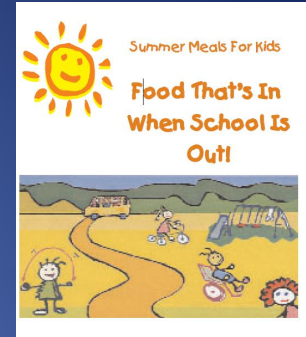
# What are the Programs?

- Seamless Summer Food Program
  - Limited to school districts already participating in the National School Lunch and Breakfast Programs



# What are the Programs?

- Seamless Summer Food Program
  - Limited to school districts already participating in the National School Lunch and Breakfast Programs





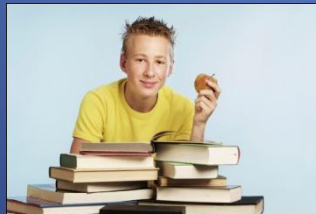
# What are the Programs?



- **School Child Nutrition Programs:**

- National School Lunch Program (NSLP)

- This is a federally assisted meal program operating in public and nonprofit private schools of high school grade or under and public or private residential child care institutions (RCCIs).



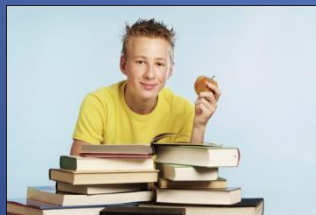
# What are the Programs?



- School Child Nutrition Programs:

## Did you know?

- The School Child Nutrition Programs are for **ALL** children - not just those children who are eligible for free/reduced price meals.
- 66.33 % of the children that participate in National School Lunch Program in CT are full paying students.

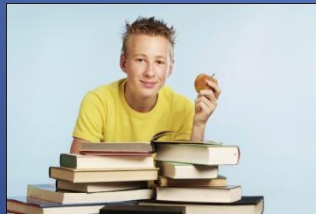


# What are the Programs?

- School Child Nutrition Programs:

Did you know?

—Schools are not required to participate.



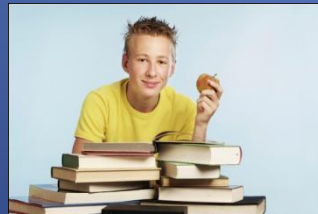
# What are the Programs?

- **School Child Nutrition Programs:**  
National School Lunch Program (NSLP)



In 2009-2010 there are 172 sponsors of the NSLP in CT

- 117 Public School Districts
- 3 RESCS
- 24 Private School Districts
- 10 Charter Schools
- 18 RCCIs (Residential Child Care Institutions)





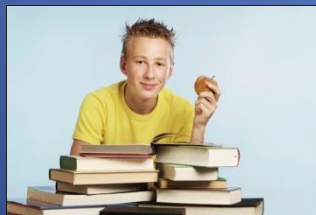
# What are the Programs?

- **School Child Nutrition Programs:**  
National School Lunch Program (NSLP)

Based on Oct. 2009 data:

- Total Free Enrolled: 146,069
- Total Reduced Enrolled: 35,487
- Total Paid Enrolled: 357,741

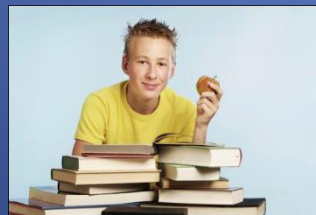
Percentage of free and reduced is 33.67%



# What are the Programs?



- **School Child Nutrition Programs:**  
School Breakfast Program (SBP)
  - Operates in the same manner as the National School Lunch Program.
  - Public or nonprofit private schools of high school grade or under and public or nonprofit private residential child care institutions may participate in this Program.



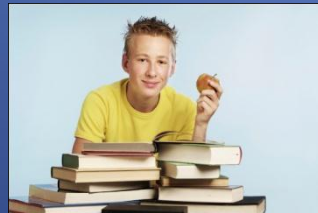
# What are the Programs?



- **School Child Nutrition Programs:**  
School Breakfast Program (SBP)

In 2009-2010 there are 111 sponsors of the SBP in CT

- 75 Public School Districts
- 2 RESCs (Regional Education Service Centers)
- 7 Private School Districts
- 8 Charter Schools
- 19 RCCIs (Residential Child Care Institutions)



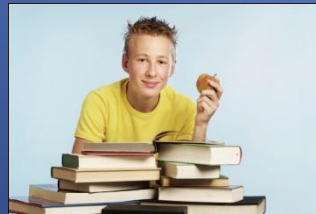
# What are the Programs?

- School Child Nutrition Programs:  
School Breakfast Program (SBP)



## Challenges:

CT Ranks last in the nation when comparing the number of NSLP schools that participate in the SBP!





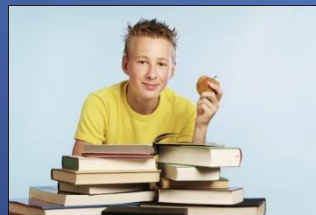
# What are the Programs?



- School Child Nutrition Programs:  
School Breakfast Program (SBP)

## Possible Reasons?

- Class Schedules
- Bussing
- Misconception that it takes a lot of resources to operate
- Idea that schools do not need another program that feeds children

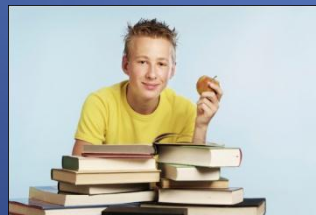


# What are the Programs?



- **School Child Nutrition Programs:**  
School Breakfast Program (SBP)

In 2009, the CT State Dept. of Education (CSDE) formed CBET – the **CT Breakfast Expansion Team**. Purpose was to address Connecticut's consistently poor performance in school breakfast measures.



# What are the Programs?



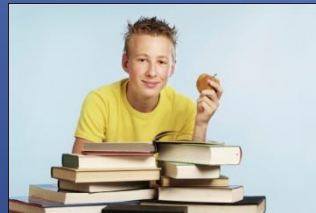
- **School Child Nutrition Programs:**

School Breakfast Program (SBP)

**CT Breakfast Expansion Team:**

Representatives Include:

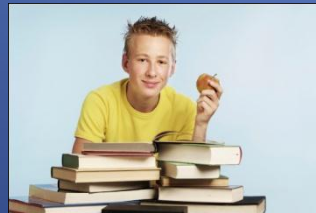
- CSDE
- School Nutrition Association of CT
- New England Dairy and Food Council
- Action for Healthy Kids
- End Hunger CT!



# What are the Programs?

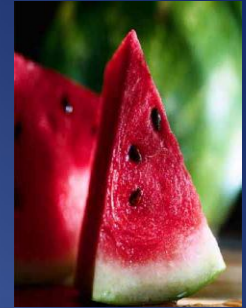


- **School Child Nutrition Programs:**  
School Breakfast Program (SBP)  
**CT Breakfast Expansion Team offers:**
  - Budgeting (Financial Tool)
    - Identifying income increases
    - Planning effectively
    - Determining labor impact
  - Marketing
    - Identifying acceptance
      - Parents
      - Administration
    - Developing Publicity for Opening for Breakfast





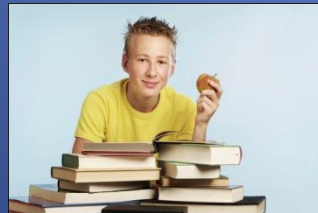
# What are the Programs?



- **School Child Nutrition Programs:**

- After School Snack Program

- Promotes the health and well-being of children and youth in our communities
    - Takes place after the end of the school day.
    - Must provide children with regularly scheduled activities in an organized, structured and supervised environment that includes educational or enrichment activities (e.g., mentoring/tutoring programs).

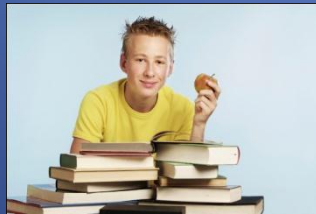


# What are the Programs?



- School Child Nutrition Programs:  
After School Snack Program

In 2009-2010 there are 21 sponsors  
and 245 schools that participate in the  
After School Snack Program in CT.



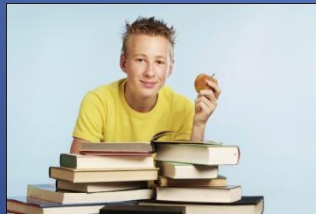
# What are the Programs?



- **School Child Nutrition Programs:**

- Fresh Fruit and Vegetable Program (FFVP)

- Provides all children in participating schools with a variety of **free** fresh fruits and vegetables throughout the school day.
    - Eligibility requires that a school must apply and have at least 50% of the enrolled students eligible for free/reduced price meals.



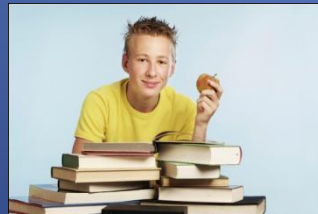
# What are the Programs?



- **School Child Nutrition Programs:**  
Fresh Fruit and Vegetable Program (FFVP)

In 2009-2010 there were 52 schools and 17 LEAs that participated in this program.

CT has received over \$1.7 million to implement the FFVP in 2010-2011 and over 70 schools will be selected to participate.



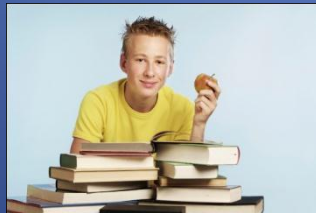


# What are the Programs?

- School Child Nutrition Programs:

- Special Milk Program (SMP)

- This program provides milk to children in schools and child care institutions who do not participate in other federal meal service programs. The SMP program reimburses schools for the milk they serve.



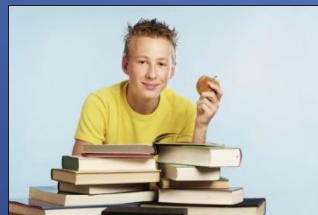
# What are the Programs?

- School Child Nutrition Programs:  
Special Milk Program (SMP)



In 2009-2010 there are 39 sponsors of the SMP (only) in CT

**Note:** Schools participating in other Child Nutrition Programs (e.g., NSLP) may also participate in SMP if the SMP is for split day kindergarten or students who do not have access to the meal programs.



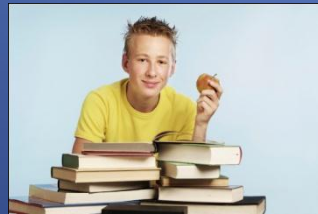
# A Word About ...



- Connecticut's Farm to School Program

This program connects schools (K-12) and local farms with the objectives of:

- serving **healthy meals** in school cafeterias,
- improving student **nutrition**,
- providing **agriculture**,
- **health and nutrition education** opportunities, and
- supporting **local and regional** farmers.



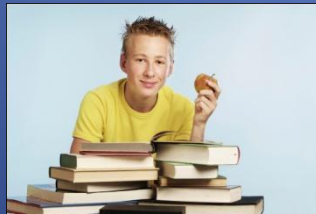
# A Word About ...



- Connecticut's Farm to School Program

The Connecticut Department of Agriculture works with state agencies such as the Connecticut Department of Education to implement this program.

Currently, there are over 85 school districts that participate in CT's Farm to School Program.

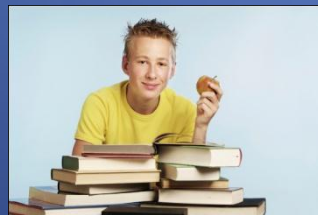




# A Word About ...

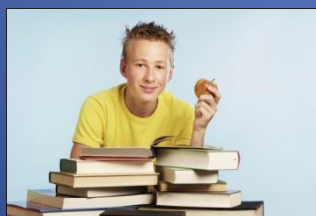
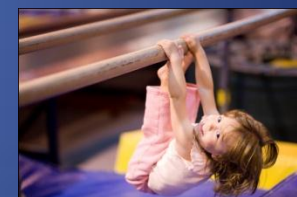
- School Wellness

- The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)
- Required schools participating in the USDA child nutrition programs to develop a school wellness policy by the 2006-2007 school year.



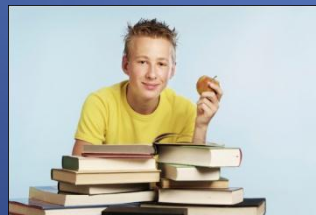
# A Word About ...

- **School Wellness – Required to:**
  - include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
  - include nutrition guidelines for all foods available on the school campus during the school day, with the objectives of promoting student health and reducing childhood obesity;
  - provide an assurance that guidelines for school meals are not less restrictive than those set by the U.S. Department of Agriculture;



# A Word About ...

- **School Wellness – Required to:**
  - establish a plan for measuring implementation of the local wellness policy, and
  - involve parents, students, representatives of the school food authority, the school board, school administrators, and the public in development of the local wellness policy.



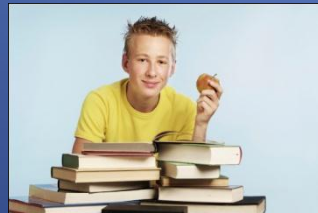


# A Word About ...

- School Wellness

CSDE reviewed the public school Wellness Policies:

- School wellness policy assessment tool developed in partnership with the Rudd Center for Food Policy and Obesity at Yale University.

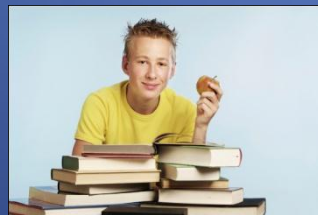




# A Word About ...

- **School Wellness – 7 Policy Categories**

1. Nutrition Education
2. Physical Education
3. Communication and Promotion
4. School Meals
5. Physical Activity
6. Evaluation
7. Other School Food and Beverages



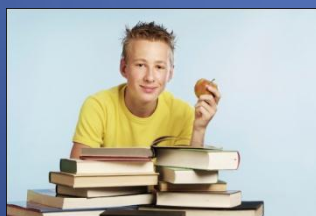
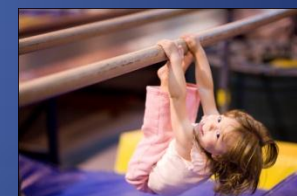
# A Word About ...

- School Wellness

Rating Scores are available online at the  
CSDE School Wellness Website

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438> Or

Google “Connecticut School Wellness  
Policies”

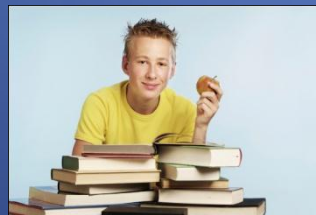


# A Word About ...

- School Wellness

- Do Wellness Policies Work?

- This is still being studied at Rudd Center. However, according to Deputy Director Marlene B. Schwartz, PhD, preliminary data indicates:



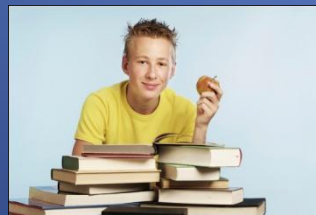


# A Word About ...

- School Wellness

- **Do Wellness Policies Work?**

- School wellness policies led to significant improvements in the nutritional quality of competitive foods sold in Connecticut.
    - Schools that participated in the state-funded Healthy Food Certification Program showed even greater improvement.



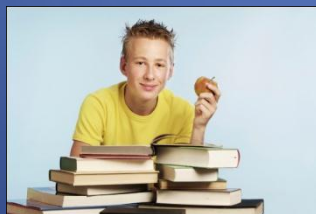


# A Word About ...

- School Wellness

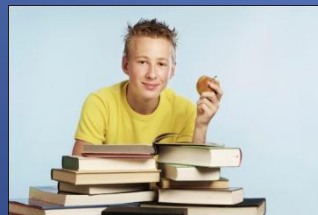
- Do Wellness Policies Work?

- Suggests that school wellness policies help districts to move in the right direction,
    - State-wide programs with financial backing are even more effective in improving school nutrition.



# A Word About ...

- Connecticut's Healthy Food Certification
  - Section 10-215e of the Connecticut General Statutes requires the CSDE to publish a set of nutrition standards for food items offered for sale to students separately from a reimbursable school lunch or breakfast.

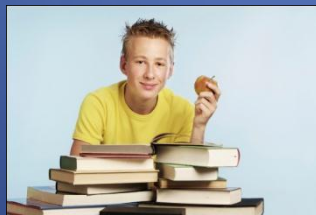


# A Word About ...

- Connecticut's Healthy Food Certification

- Focuses on limiting:

- Fat, saturated fat, trans fat,
- Sodium,
- Added sugars,
- Moderating portion sizes,
- Promoting increased intake of nutrient-dense foods such as such as whole grains, fruits, vegetables, low-fat/nonfat dairy products, lean meats, legumes, nuts and seeds.

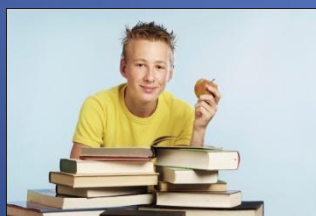


# A Word About ...

- Connecticut's Healthy Food Certification

- In 2009-10:

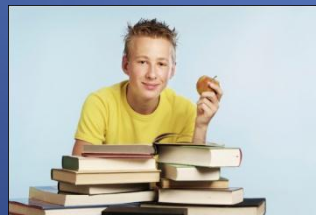
- 112 school districts and schools elected to implement healthy food certification (HFC)
    - Represents 61.2 percent of the 183 school districts and schools eligible for HFC.



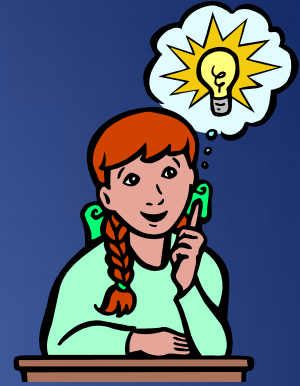


# A Word About ...

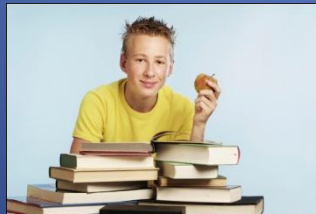
- Connecticut's Healthy Food Certification
  - Of the nine districts represented here at the symposium, all but two are participating in HFC.



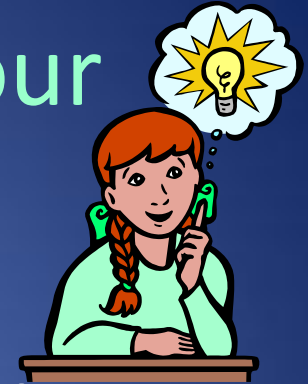
# What Can *You* Do to Assist your Child Nutrition Programs?



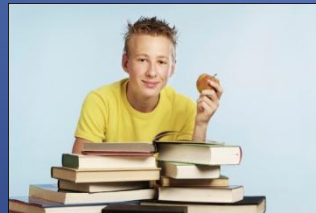
- Get involved with the School Wellness Committee
- Talk with PTO/PTAs & school administrators about the SBP (contact the CBET Team too!)
- Talk with your school administrators to inquire about CT's Healthy Food Certification



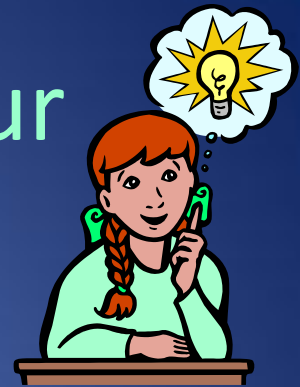
# What Can *You* Do to Assist your Child Nutrition Programs?



- Consider working with a school to develop a school garden.
- Talk with your food service director about the Farm to School Program



# What Can *You* Do to Assist your Child Nutrition Programs?

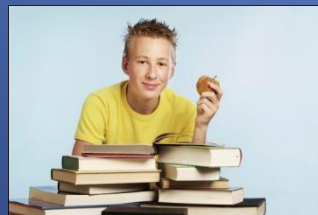


Between the school and the community:

- Collaborate and coordinate to ensure common messages

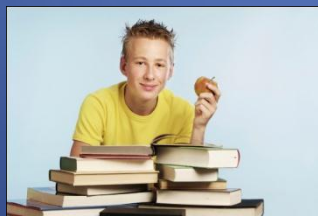
Within the district and the schools:

- Collaborate and coordinate efforts between health education, food services and health services, and
- Make linkages to academic goals by incorporating healthy choices and physical activity to bolster academic success. Incorporate health lessons into math, science and other core subjects...





# Questions?



Questions???

Contact:



**THANK YOU**

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